

CLAIMS

We claim:

1. A rotating punching accessory, used in combination with a standing punching bag, comprising:
 - a support plate;
 - an attaching means for attaching the support plate to the top of a punching bag;
 - a rectangular arm;
 - a rotating means for rotating the rectangular arm in a clockwise and counterclockwise direction on top of the support plate; and
 - a punching pad located on each end of the rectangular arm.
2. The rotating punching accessory according to claim 1, wherein said attaching means are nuts and bolts.
3. The rotating punching accessory according to claim 1, wherein said rotating means is a bearing and support axle centered on top of the support plate equidistant from each end of the rectangular arm.

4. A rotating punching accessory, used in combination with a standing punching bag, comprising:

a support plate;

an attaching means for attaching the support plate to the top of the punching bag;

a rectangular arm;

a rotating means for rotating the rectangular arm in a clockwise and counterclockwise direction on top of the support plate; and

a punching pad that is located on each end of the rectangular arm.

5. The rotating punching accessory according to claim 4, wherein said attaching means is a hook and loop fastener situated on the top side of the standing punching bag.

6. The rotating punching accessory according to claim 4, wherein said rotating means is a bearing and support axle centered on top of the support plate equidistant from each end of the rectangular arm.

7. A rotating punching accessory, used in combination with a hanging punching bag, comprising:

a rotating ball bearing support plate;

an attaching means for attaching the rotating ball bearing support plate to the hanging punching bag;

a rotating rectangular arm;

a rotating means for rotating the rectangular arm in a clockwise and counterclockwise direction on top of the support plate; and

a punching pad that is located on each end of the rectangular arm.

8. The rotating punching accessory according to claim 7, wherein said attaching means are hooks that are attached to hanging chains that go through eyelets provided on the rotating ball bearing support plate.

9. The rotating punching accessory according to claim 7, wherein said rotating means is a rotating ball bearing support plate equidistant from each end of the rectangular arm that is encircled around the hanging punching bag.

10. The rotating punching accessory according to claim 9, wherein centering tabs are provided on the inside perimeter of the rotating ball bearing support plate.